**Fun activities for you and your children**  
  
**Children’s Centre Closure**  
  
As you are aware there is currently a crisis happening across the country, because of these unprecedented times Forest Gate Children Centre Kay Rowe and Maryland are currently not running sessions due to the national shutdown.  
We are grateful for the understanding shown by families and would like to offer some tips to support you.

**Activities you can do with your children**  
⁃ Exercise; 20 minutes a day at home, in the garden or the park, play ring games.  
⁃ Reading; daily as part of a routine, making your own story books.  
⁃ Rhyme time; practice your favourite songs and learn some new ones to teach us on your return!  
⁃ Messy play; have fun with water in the bath.  
⁃ Mark making; make bold and exciting marks on paper.  
⁃ Story boxes; create a room, a town, a robot or a faraway land.  
⁃ Cooking; cut up fruit and vegetables for snack time or dinner. - Grow your own herbs/tomatoes/flowers.  
  
**Resources**  
⁃ Chalk/crayons  
⁃ Arts and crafts packs  
⁃ Soil/pots/seeds  
  
  
**Useful websites;**  
⁃ [www.bbc.co.uk/cbeebies/games](http://www.bbc.co.uk/cbeebies/games)  
⁃ [www.earlylearninghq.org.uk](http://www.earlylearninghq.org.uk/)  
⁃ [www.popsugar.co.uk](http://www.popsugar.co.uk/) >Parenting >Coronavirus  
⁃ [www.nhs.uk/change4life](http://www.nhs.uk/change4life) - Healthy eating

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**Screen time**

In children older than two years, limit media to one hour or **less** per day of high-quality programming. It is recommended that there is shared use between parent and child to promote enhanced learning, greater interaction, and limit setting.



⁃ P.E with Joe Wickes - 9am everyday on YouTube.

   